

DINNERLY



No-Fuss Tandoori Chicken

with Onion Rice and Cucumber Yoghurt



30 minutes



2 Servings

Want to know the secret to succulent chicken? Yoghurt! Here it works as both sauce and marinade, adding flavour and tenderising the meat. Serve with onion rice and pickles for an easy breezy Indian feast.

WHAT WE SEND

- 1 onion
- 150g basmati rice
- 10g masala seasoning ¹⁷
- 1 Lebanese cucumber
- 1 large free-range chicken breast fillet
- 100g Greek-style yoghurt ⁷

WHAT YOU NEED

- 2 garlic cloves
- 1 tbs vegetable oil
- 2 tsp white vinegar

TOOLS

- medium deep frypan with lid
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 590kcal, Fat 13.8g, Carbs 70.5g, Proteins 44.5g



1. Start onion rice

Thinly slice the **onion**. Crush or finely chop **2 garlic cloves**. Heat **2 tsp vegetable oil** in a medium deep frypan over medium heat. Cook the onion, stirring occasionally, for 5 mins or until softened. Add the **garlic, rice** and **half the masala seasoning** and cook, stirring, for 30 secs or until the grains are well coated.



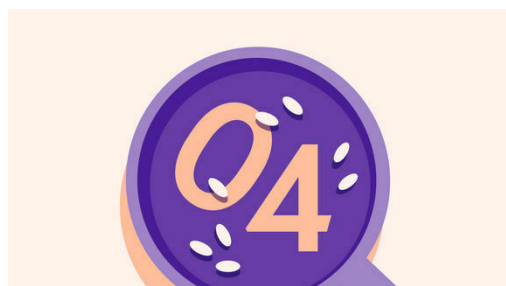
2. Finish onion rice

Stir **375ml (1½ cups) water** into the rice mixture and bring to the boil. Reduce the heat to medium-low and cook, covered, for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins. Meanwhile, finely chop half the **cucumber** and thinly slice the remainder.



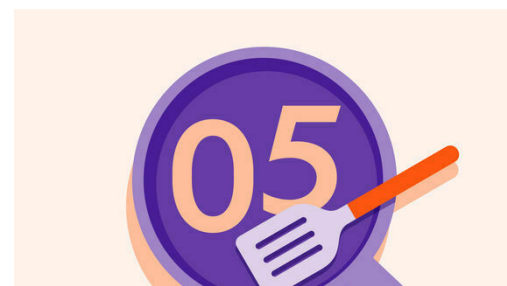
3. Pickle cucumber

Put the **sliced cucumber** and **2 tsp white vinegar** in a bowl, season with **salt and pepper** and toss to combine. Set aside to pickle, tossing occasionally, until needed. Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets.



4. Marinate chicken

Using a sharp knife, cut slits 2cm apart across each **chicken fillet** (see Kitchen 101), taking care not to cut all the way through. Put the **remaining masala seasoning** and **1 tbs yoghurt** in a large bowl, season with **salt and pepper** and stir to combine. Add the **chicken** and turn to coat.



5. Cook chicken and serve

Heat **2 tsp vegetable oil** in a medium frypan over medium-high heat. Cook the **chicken** for 4 mins each side or until cooked through. Remove from the pan. Drain the **pickled cucumber**, discarding the pickling liquid. Combine the **chopped cucumber** and **remaining yoghurt** in a bowl. Divide the chicken, **rice, cucumber yoghurt** and pickled cucumber among plates and enjoy!



6. Kitchen 101

Cutting vertical slits in the chicken not only looks good but allows the marinade to get into the meat to boost the flavour.